



THE FREE GUIDE

10 THINGS EVERY ADULT 55+ SHOULD KNOW BEFORE USING AI

A practical guide to using ChatGPT and other AI tools safely, confidently, and wisely.

SCAMS

PRIVACY

CHATGPT

DEEPFAKES

TRAVEL

HEALTH

FAMILY SAFETY

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THATTECHPASTOR

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WELCOME

YOU DON'T NEED TO BECOME A COMPUTER PERSON



AI is already showing up in phones, search engines, banks, hospitals, workplaces, travel sites and family group chats. You don't need to understand how every part of it works.

YOU NEED TO KNOW

- What it can do
- Where it can help
- Where it can fool you
- What information not to give it
- How to recognize something suspicious
- How to ask better questions

BY THE END YOU'LL KNOW HOW TO

- Use ChatGPT
- Spot common AI scams
- Protect personal information
- Verify questionable information
- Use AI for everyday life
- Help protect your family

My goal isn't to make you an AI expert. I want you to be able to use these tools without fear and without being taken advantage of.

REV. DR. JUSTIN R. LESTER

AI IN PLAIN ENGLISH

AI is software that can recognize patterns and generate responses based on enormous amounts of information.

YOU ALREADY USE IT

SIRI / ALEXA

Voice assistants

NETFLIX

Recommendations

GOOGLE MAPS

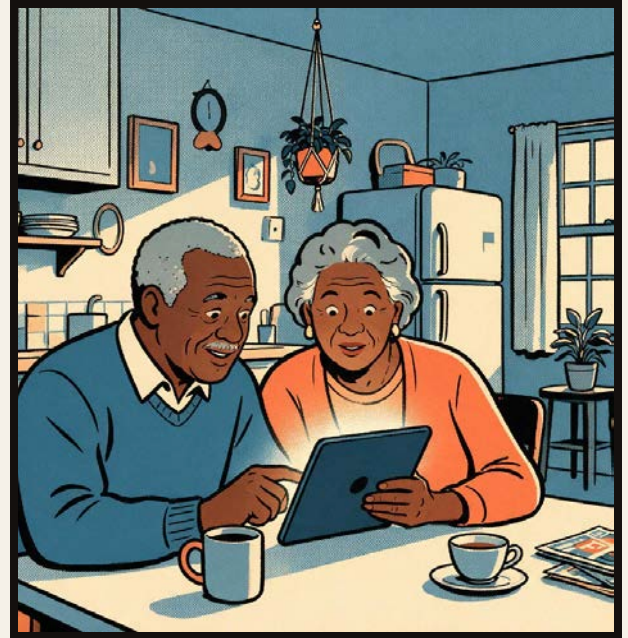
Routes and traffic predictions

SPAM FILTERS

Detecting suspicious email

CHATGPT

Conversation and generation



REMEMBER THIS ONE SENTENCE

AI CAN SOUND CONFIDENT EVEN WHEN IT IS WRONG.

The mental model for everything ahead: treat AI like a very smart assistant who works extremely fast but still needs supervision.

01

THING ONE

CHATGPT IS A CONVERSATION

You don't need special computer language. You type the way you'd talk to a capable assistant sitting across the table. Try any of these word for word:

"Explain Medicare Advantage to me like I'm 65 and have never researched it before."

"I'm traveling to Chicago for four days. Help me make a packing list."

"Rewrite this email so it's friendly but professional."

THE FOUR-PART FORMULA

Tell AI four things and the answer gets dramatically better.

1 What you're doing

2 What you need

3 Who it's for

4 How you want the answer



ALL FOUR, IN ONE SENTENCE

"I'm hosting Thanksgiving for 12 people. Three are children. Give me a grocery list organized by section of the grocery store."



02 NEVER ASSUME AI IS RIGHT

ALWAYS VERIFY

Medical advice

Financial advice

Legal advice

Breaking news

Names and dates

Quotes

Government information

AI writes in complete, confident sentences whether or not the facts underneath are correct. That confidence is a style, not a guarantee.

**HIGH STAKES
= DOUBLE-CHECK.**

A BEGINNER PROMPT WORTH MEMORIZING

"What parts of your answer should I independently verify?"

03

THING THREE

PROTECT YOUR PERSONAL INFORMATION

NEVER PASTE INTO AI

Social Security numbers

Bank account numbers

Credit card numbers

Passwords

Security codes

Full medical records

Private legal documents

Confidential information about other people



You wouldn't give a stranger your banking password because they seemed helpful. Apply the same wisdom online.

SAFE

"Help me make a household budget."

NOT SAFE

"Here's my bank login and account information. Tell me what to do."

04 AI HAS MADE SCAMS MUCH BETTER

This is the part I most want you to read twice. The old scam email had bad grammar and a strange address. Today's scam sounds like your daughter.

AI CAN NOW IMITATE

VOICES

WRITING STYLES

PHOTOS

VIDEO

EMAILS

CUSTOMER-SERVICE MESSAGES

THE CALL SOUNDS LIKE THIS

"GRANDMA,
I'M IN TROUBLE."

A scammer only needs a few seconds of a voice — from a video, a voicemail, a social post — to clone a child or grandchild convincingly.

THE FAMILY SAFE WORD

Every family should establish a word or phrase only close family members know. It costs nothing, it takes one dinner conversation, and it defeats a voice clone completely.

IF SOMEBODY CALLS CLAIMING AN
EMERGENCY

**ASK FOR THE
FAMILY WORD.**



THEN, IN THIS ORDER

1 Hang up.

2 Call the person directly.

3 Call another family member.

4 Never send money because someone creates urgency.

URGENCY IS A WARNING SIGN.

ESPECIALLY THESE FIVE SENTENCES

"Don't tell anyone."

"Send it right now."

"I'm in jail."

"I need gift cards."

"I can't talk long."

05

THING FIVE

PHOTOS AND VIDEOS CAN LIE



A deepfake is a photo, audio clip or video generated to look and sound like a real person. The technology is now good enough that your eyes are not a reliable test.

**REAL-LOOKING
DOES NOT MEAN
REAL.**

BEFORE SHARING ANYTHING SHOCKING, CHECK THREE THINGS

SOURCE

Who posted it?

SEARCH

Is another credible outlet reporting it?

DATE

Is this actually current?

"Help me identify what I should verify before I believe this image or story."

Note carefully: AI is not the final judge of what's true. Use it to build the verification habit, not to replace it.



06 HEALTH QUESTIONS REQUIRE EXTRA WISDOM

GOOD USES

"Help me understand this medical term."

"Give me questions to ask my physician."

"Help me organize the symptoms I want to discuss."

"Explain the difference between these terms in plain English."

POOR USES

"Diagnose me."

"Tell me to stop taking this medicine."

"Tell me what dosage I should take instead."

Use AI to become better prepared for the conversation with a medical professional – not to replace the medical professional.

07

THING SEVEN

AI CAN MAKE TRAVEL MUCH EASIER



TRY ASKING

"Plan three relaxing days in Napa for a couple in their 60s who don't want strenuous activities."

"Compare these two hotels for walkability."

"Make my international packing list."

"Translate this restaurant menu."

"What should I double-check before traveling to Italy?"

ALWAYS VERIFY YOURSELF

Flight times

Visa requirements

Passport rules

Opening hours

Prices

Reservations

Local regulations

08

THING EIGHT

AI CAN HELP AROUND THE HOUSE

Pick one of these today. This is where AI stops being technology and starts being useful.

01 Meal planning

02 Grocery lists

03 Recipes from
what's in the fridge

04 Vacation planning

05 Writing emails

06 Gift ideas

07 Home project
checklists

08 Explaining
confusing
documents

09 Creating schedules

10 Learning
something new



START HERE TONIGHT

"Here is what's in my refrigerator. Give me three dinners I can make with it."

09

THING NINE

AI CAN HELP YOU LEARN ALMOST ANYTHING

"Teach me how investing works, beginning with the vocabulary."

"Teach me the basics of gardening in Northern California."

"I just bought an iPhone. Teach me five features I should learn first."

"Quiz me after every section."

"Explain that again without technical language."



**YOU ARE ALLOWED TO TELL AI,
"I DON'T UNDERSTAND."**

NO EMBARRASSMENT

NO ASSUMING

KEEP ASKING

10

THING TEN

LEARN ENOUGH TO HELP PROTECT YOUR FAMILY



You are not only protecting yourself. You are a grandparent, a parent, a church leader, a business owner, a caregiver. Bring these subjects up out loud with the people you love.

DEEPPFAKE IMAGERY

FAKE CELEBRITY ENDORSEMENTS

FINANCIAL SCAMS

FAKE GIVEAWAYS

ROMANCE SCAMS

FAKE JOB OPPORTUNITIES

KIDS TALKING TO AI

PRIVACY

FIVE QUESTIONS TO ASK BEFORE CLICKING

- 1 Do I know who sent this?

- 2 Why are they creating urgency?

- 3 Are they requesting money or personal information?

- 4 Can I verify this another way?

- 5 What happens if I simply don't click?

THE AI RED-FLAG CHECKLIST



STOP IF SOMEONE –

- ☐ Asks for gift cards
- ☐ Asks for cryptocurrency
- ☐ Requests a password
- ☐ Sends an unexpected login link
- ☐ Creates an artificial deadline
- ☐ Tells you to keep something secret
- ☐ Claims a family emergency
- ☐ Says you've unexpectedly won money
- ☐ Asks you to remotely install software
- ☐ Asks you to move a conversation off a trusted platform

**WHEN IN DOUBT: STOP, VERIFY, CALL
SOMEONE YOU TRUST.**

YOUR FIRST 10 CHATGPT PROMPTS

01 PERSONAL ASSISTANT

"Help me organize my priorities for today. Ask me five questions first."

02 MEAL PLANNING

"Create five simple dinners for two adults and make a grocery list."

03 TRAVEL

"Help me plan a three-day trip to ____."

04 LEARNING

"Teach me the basics of ____ without assuming I have any background knowledge."

05 TECHNOLOGY HELP

"Walk me through how to ____ on my iPhone one step at a time."

06 WRITING

"Rewrite this message so it's warm, clear and concise: ____"

07 QUESTIONS FOR A PROFESSIONAL

"I'm meeting with my _____. Help me prepare ten questions to ask."

08 HOME

"Help me create a checklist for ____."

09 COMPARISON

"Compare ____ and ____ in a simple table."

10 EXPLAIN SOMETHING

"Explain ____ using ordinary language and an everyday example."

The blanks are the whole point. Fill one in tonight and you will have used AI on purpose for the first time.



DO THIS RIGHT NOW

THE 5-MINUTE AI CHALLENGE

01 OPEN CHATGPT

02 TYPE THE PROMPT BELOW

03 CIRCLE THE ONE YOU'LL TRY TODAY

ASK EXACTLY THIS

"I'm new to AI. Ask me five questions about my life and then show me five practical ways you could save me time this week."

WRITE DOWN THE ONE YOU'LL DO FIRST

WHICH AI TOOL SHOULD I USE?

There are hundreds. You need five. If you only ever open the first one, you will still be ahead of most people.

CHATGPT

Writing, brainstorming, learning, planning, conversation.
Start here.

GEMINI

The Google ecosystem and general AI assistance.

CLAUDE

Reading, writing and working through longer material.

PERPLEXITY

Research and source-driven questions.

NOTEBOOKLM

Learning from your own documents and sources.

 Pick one. Use it for two weeks. Adding tools before you have a habit is how people quit.

PUT THIS ON THE REFRIGERATOR

JUSTIN'S 7 AI SAFETY RULES

01 DON'T SHARE SENSITIVE INFORMATION.

02 VERIFY IMPORTANT ANSWERS.

03 DON'T TRUST URGENCY.

04 CONFIRM UNUSUAL FAMILY REQUESTS.

05 DON'T ASSUME PHOTOS AND VIDEOS ARE AUTHENTIC.

06 USE PROFESSIONALS FOR HIGH-STAKES DECISIONS.

07 STAY CURIOUS.



Seven rules. That's the whole defense. Read them to somebody in your family this week.

YOU'RE READY FOR THE NEXT STEP

WANT ME TO TEACH YOU?

You've learned the basics. Now I want to actually show you how to use these tools – screen by screen, at your pace, with your own questions answered.

THE MASTERCLASS

AI-Z FOR BOOMERS

\$147

A practical step-by-step course that walks you through using today's AI tools confidently.

INSIDE YOU'LL LEARN

- | | |
|--|--|
| 01 How to set up and navigate ChatGPT from scratch | 04 A repeatable way to check whether an answer is true |
| 02 The prompts that get useful answers the first time | 05 How to spot a cloned voice, a fake photo and a scam message |
| 03 Using AI for health, travel, money and household planning | 06 How to teach all of this to your family and your church |

**TAKE THE
MASTERCLASS**

AItoZ.JRLester.com

Or scan the code on the back of this guide.

ABOUT THE AUTHOR

HI, I'M JUSTIN



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AUTHOR

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HUSBAND & DAD

PASTOR

I spend my time helping ordinary people, organizations and churches understand what technology actually means for their lives.

AS FEATURED IN

THE NEW YORK TIMES CNN REUTERS

**YOU DON'T HAVE TO KNOW
EVERYTHING ABOUT AI. YOU JUST
NEED ENOUGH WISDOM TO BEGIN.**

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